

PAINFUL AND INVOLUNTARY PASSAGE OF URINE.—RETENTION.—The chief remedies for these affections, are *Pulsatilla*, *Nux vom.* and *Sulphur*. Select the proper remedy, according to the indications given on pages 272, 273, and 276.

TOOTHACHE.—The chief remedies are *Nux vom.*, *Pulsatilla*, *Belladonna* and *Calcarea carb.* Give a dose of one of them once in two hours until relief is obtained. Consult the section on toothache, page 191, for the particular indications for these remedies.

PAINS IN THE BACK AND SIDE, more frequently in the right side, are not uncommon. Give *Nux vom.*, at night and *Bryonia* in the morning; if these fail, give *Sepia* at night and *Belladonna* in the morning. If the pains are worse while at rest, or lying down, give *Rhus tox.*, night and morning. *Arnica* sometimes will be found useful.

CRAMPS IN THE LOWER EXTREMITIES, hips, or abdomen, are not uncommon. If in the legs, give *Nux vom.*, every night and *Calcarea carb.*, once in three mornings. If they fail, give *Hyoscyamus* night and morning. Afterward if required, give *Secale cor.* If the cramps extend to the back, and *Hyoscyamus* does not relieve, give *Ignatia* night and morning. For cramps in the abdomen, give *Belladonna*, *Nux vom.*, *Pulsatilla*, or *Hyoscyamus*.

SWELLING OF THE VEINS OF THE LOWER EXTREMITIES (VARICOSE VEINS).

This is quite common during pregnancy. The veins of the leg, and perhaps of the thigh, become enlarged, swollen and knotty. Give a dose of *Arnica* night and morning, and put one teaspoonful of the tincture of *Arnica* into half a pint of water, and wash the swollen veins. If this does not soon relieve the symptoms, wet a cloth in the solution, lay it over the veins, and apply a laced stocking or a bandage (commencing always at the toes) smoothly over the wet cloth. Make this application in the morning.

If *Arnica* does not relieve the disease, give *Pulsatilla* night and morning, and afterward *Lycopodium*, *Lachesis*, and finally *Carbo veg.*, may be required in some cases.

MISCARRIAGE—ABORTION—PREMATURE LABOR.

Although this accident may occur at any period of pregnancy, still it is most common about the third or fourth month, and it is less dangerous at that period. It may be caused by mechanical injuries, strong mental emotions, the abuse of drugs, over-exertion, tight-dressing, sexual excesses, &c. It often depends upon a debilitated state of the system, or a constitutional defect, either inherited or acquired. If a patient has once miscarried, there is always great danger that it will happen again at about the same period of pregnancy; and it is sometimes very difficult to break up this habit. Although a miscarriage, when properly treated, is not necessarily attended with very great danger, yet it is far more dangerous than child-birth at the full period, and a frequent recurrence of this accident is sure to impair seriously the health of the female. The shock to the nervous system is far more serious than that which results from natural child-birth, and the liability to hemorrhage and inflammation is greater. It is therefore very important to prevent this accident when possible, on account of the mother, as well as for the preservation of her offspring.

Symptoms.—Sometimes the first symptom of a threatened miscarriage is a discharge of blood, in other instances pain resembling labor pains, or perhaps aching in the back, extending through the womb. Chills not unfrequently attend the above symptoms, and sometimes fainting, especially when there is much flowing. If there are both pains and flowing there is always much greater danger of miscarriage, or premature birth, than when there is but one of these symptoms, even though it be severe.

Treatment.—First: to overcome a predisposition to this accident, if the patient is subject to profuse or frequent menstruation, which is often the case, consult the section on that affection, and follow the directions there given when the patient is not pregnant. If she is troubled with leucorrhœa, or falling of the womb, consult the section on that difficulty. During pregnancy the patient should avoid undue mental excitement, over-exertion, and if she is subject to frequent and profuse menstruation when

not pregnant, give her during pregnancy *Calcarea carb.* alternately with *Sabina*, at intervals of two weeks. You should never give the *Colored tincture of Sabina* during pregnancy; the globules of a high dilution are the best. If the patient's menses are usually, when not pregnant, either regular or scanty, give *Sabina* alternately with *Sulphur* two weeks apart.

If symptoms of miscarriage occur, such as pains or flowing, the patient should assume the horizontal position immediately, and rigidly keep it until such symptoms are entirely relieved.

Arnica: Give a dose of this remedy once in two hours, when symptoms of miscarriage have been caused by mechanical injuries or over-exertion. If *Arnica* fails, to relieve give *Belladonna* every hour.

Belladonna: Give this remedy every hour, when there are severe labor-like pains, with or without the discharge of blood. If the flowing is very profuse, give *Ipecac* alternately with *Belladonna*, at intervals of one hour.

If there are flowing and chilliness without pains, give *Ipecac* every hour until there is an improvement, then lengthen the intervals between the doses. If *Ipecac* does not relieve the flowing, give *Sabina* once in two hours.

Chamomilla: If there are severe labor-like or cutting pains without much flowing, and *Belladonna* does not relieve them, give a dose of this remedy every hour.

If other remedies fail, give *Sabina* once in two hours. In obstinate cases of flowing with threatening miscarriage, if the above remedies do not afford relief, give *Platina* once in two hours.

FALSE PAINS.

Some females are very subject to labor-like pains for weeks and even months before confinement. False pains are not attended by flowing, and are generally less regular in their recurrence than natural pains. It is always well to relieve such pains promptly by the use of the proper remedy, and the remedies which are proper for these pains will do no harm if they are given through mistake, when genuine labor pains are present.

Treatment.—*Belladonna* is one of the most important remedies for these pains, and may be given every hour, until they cease.

Give *Coffea* if the pains are violent, and there is great nervous excitability. Give a dose every hour. If *Coffea* does not relieve the pains, give, in such cases, *Aconite*.

Nux Vomica: Give this remedy once an hour, when there is either a constant urging to urinate, or to go to stool. If it does not relieve, give *Pulsatilla*. *Chamomilla* is sometimes useful for false pains, in sensitive individuals.

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PUERPERAL CONVULSIONS.

This is a disease which sometimes attacks females during the last months of pregnancy, during labor, or after child-birth. If the attack is during labor, the convulsions generally occur during the pains; sometimes they commence with the very first pains.

There are three forms of these convulsions. *First*: Hysterical convulsions, in which the paroxysms are preceded, accompanied, or followed, by laughing, sobbing, crying, or singing, or other hysterical symptoms; but there is no frothing at the mouth, and the patient is generally not insensible, though she cannot speak. In this form, there is very little if any danger. *Second*: Epileptic convulsions. In this form of the disease, there is a total loss of consciousness during the convulsions, great twitching of the limbs and muscles, and frothing at the mouth. This is by far the most common form of the disease. *Third*: Apoplectic convulsions. This is the worst form of the disease, but, fortunately, it is very rare. Convulsions, more or less severe, are followed by complete stupor, snoring respiration, and paralysis of muscles; generally there is no frothing at the mouth, and but one paroxysm of convulsions.

Both epileptic and apoplectic convulsions are frequently preceded by violent pains in the head, dizziness, and humming in the ears.

Treatment.—In the hysterical form of the disease, or when there is no frothing at the mouth, and the patient is not entirely uncon-

scious, give *Pulsatilla* every hour, and if it fails to relieve at the end of four hours, give *Nux vom.* *Belladonna* or *Ignatia* may be required, in case *Nux vom.* fails. At the very commencement of each convulsion, dash a handful of cold water in the patient's face; this will often prevent the paroxysm.

In the epileptic form, or when there are frothing at the mouth, twitching of limbs and body, with insensibility, *Hyoscyamus* is perhaps more frequently required than any other remedy, especially when there are great oppression of the chest, and red and staring eyes. Give a dose after each paroxysm, and every hour when the convulsions cease, so as to prevent a return. If this remedy fails to relieve at the end of a few hours, either *Ignatia* or *Chamomilla* will often be required.

If the patient is delicate, very excitable and nervous, *Chamomilla* may precede or follow *Hyoscyamus*, and may be given every half hour or hour.

Ignatia: This remedy may be given if *Hyoscyamus* or *Chamomilla* fails to relieve the symptoms, if the patient is of a mild disposition, and there are unconsciousness, frothing at the mouth, and great oppression at the chest. If the disposition is irritable, *Nux vom.* will often do better than *Ignatia*. Either of these remedies may be given as often as the paroxysms return, and every hour or two after they cease.

Opium: If, notwithstanding the use of the above remedies, the paroxysms continue and become more frequent, and there is a greater degree of stupor between them, the countenance becoming more purple, and the oppression of breathing greater, the pulse small or nearly extinct, give a dose of *Opium* after every paroxysm. It should not be given early in the disease. If you give the globules of this remedy, and you see no effect from two or three doses, give either one drop of the *Tincture of opium*, or a drop of *Laudanum*, after every paroxysm. In the most critical stage, when other remedies fail and death threatens, there is no remedy equal to this, when thus administered.

For the apoplectic form of the disease, or when one or two paroxysms of convulsions are followed by stupor and paralysis, give *Belladonna* alternately with *Nux vom.*, one hour apart. If at the

end of six or eight hours there is no improvement, omit the above remedies for six or eight hours and give *Opium* every hour. If you use the *Tincture of opium* in such cases, put one drop in a glassful of water, and give a teaspoonful for a dose. The globules are strong enough for this form of the disease, in fact are to be preferred.

Cloths wet in cold water may be applied to the neck, and changed often, in all cases where the head is hot.

As the epileptic form of childbed convulsions is a frightful disease, and fearfully fatal under allopathic treatment, it may not be amiss for the author to state, for the encouragement of those who rely upon the homœopathic treatment, that he has seen, since he has practised homœopathy, thirteen cases, some occurring before, some during, and some after labor, which have been treated with homœopathic remedies, and but one out of the thirteen has died, and that one took an allopathic dose of an anodyne mixture, before he saw her. In that case and in that only, chloroform was tried.

LABOR.

Conception generally takes place within ten days after the cessation of one of the menstrual periods, and labor usually, but not invariably commences within ten days after the termination of nine full months from the last show. Quickening, or the first sensation which the mother experiences of life or motion, generally occurs at the end of four months and a half from conception.

Labor is often preceded for a few hours, by nervous trembling, depression of spirits, looseness of the bowels, frequent inclination to pass urine, and a slight discharge of reddish mucus.

During labor a physician should be called to attend, if one can be found, but a few suggestions to be heeded before his arrival, or in case a physician cannot be found, may not be amiss. First, when, from the regularity and frequent return of the pains, you are satisfied labor has commenced, you will do well to prepare the bed for the patient to lie on during labor and confinement. First, make up your bed as you wish it to be after labor, with the under

sheet only spread on; and a folded blanket, or an oil cloth beneath it, to protect the bed; then on the right side of the bed toward the foot spread folded blankets, coverlets, or an oil cloth with a folded sheet over it, to protect the bed during labor; be careful and always place these over the under sheet, so that they can be drawn out from under the patient when she is through, without changing the sheet; then over the under sheet, place another folded sheet, beneath the patient's hips, as she is carried to her proper place in bed after labor. If the labor pains are very violent, with great suffering, and nervous excitability, give *Coffea* every half hour.

Dose of this or other remedies, see page 7.

For tedious labor, or severe but ineffectual pains, give *Belladonna* every hour. For deficient pains give *Pulsatilla* every hour.

Give the patient no stimulants or herb drinks. She may drink black tea, crust-coffee, or cold water, as she may prefer. If there is much flowing during or after labor give *Sabina* every half hour, and if it does not relieve, give *Secale cor.*; if that remedy is not sufficient give *Platina*. If there is much faintness give *China* every half hour. If the flowing is very profuse apply cloths wrung from cold water over the lower part of the abdomen until it ceases. Wait until respiration is well established with the child before you attempt to tie and cut the cord, and do not be in a hurry about delivering the afterbirth; wait for pains, and if within an hour they do not come on rub the lower part of the abdomen with the cold hand, and when you feel the womb contracting beneath the hand, draw gently on the cord, but never violently.

APPARENT DEATH OF A NEWBORN INFANT.

If the skin is pale or slightly dark, and the pulsations in the cord are very small and frequent, or imperceptible, and the child does not breathe, immediately wrap it up in dry warm flannel, and gently rub it with the warm hand or dry flannel; turn the child on its face, and clear its throat carefully with piece of soft cambric drawn over the end of the finger. Dissolve a globule or two of *Tartar emetic* in a drop of water, and put it on the tongue.

If the child does not commence breathing, wash the lips, and press the sides of the child's nose between the thumb and finger, so that the air cannot escape through it, and place your lips over the lips of the child, and gently blow into its mouth until the lungs are distended, then carefully press the walls of the chest down so as to expel the air, after which blow in the mouth again, and repeat this process of alternately filling the lungs and pressing out the air, repeatedly. If the above measures fail, put the child into a warm bath, and afterward rub it dry, and repeat the inflation of its lungs. But if the face is very purple or dark, the pulsations in the cord very slow and full, if these symptoms do not very soon abate, and the child commence to breathe regularly, cut the cord three or four inches from the navel before tying a string around it, and let a few jets of blood escape, until the pulse becomes more frequent, the face lighter colored, and respiration commences. Do not let the blood flow too rapidly, and stop it the moment there is any improvement. Dissolve two globules of *Opium* in a drop of water and put on the child's tongue, and rub the surface with dry flannel.

SWELLING OF THE SCALP AND ELONGATION OF THE HEAD frequently result in tedious or severe labor. Gentle pressure two or three times a day with the hands will bring the head into shape in a few days, and six or eight drops of *Arnica* in a tablespoonful of water, used as a wash, will relieve the swollen scalp.

TREATMENT AFTER DELIVERY.

You have to fear fever and inflammation; therefore let the patient's diet be light, and carefully avoid stimulants, and animal food for the first week or ten days; toast, rice, farina, gruel, roasted apples, &c., are sufficient. The patient should avoid sitting up too soon, as it frequently causes falling and inflammation of the womb.

AFTER-PAINS.

Give *Arnica* once an hour, and if it does not soon relieve them, give *Chamomilla* alternately with it at intervals of one hour. *Pul-*

satilla may follow these remedies, if they do not suffice. *Nux vom.*, is often useful in obstinate cases, and if that fails, give *Cuprum* every hour. If there is no flowing of moment, apply warm cloths over the lower part of the abdomen.

Dose of either of the remedies, see page 7.

MILK FEVER.

Until about the third day the secretion of milk is usually not very free; and as the breasts begin to fill on this day, there is often more or less fever, headache, and restlessness. For these symptoms, give *Aconite* once in two hours.

NURSING.

As soon after delivery as the mother is rested, always apply the infant to the breast, and never fail to do this before feeding it; for the child, before it has been fed, always knows how to nurse, but it sometimes loses this instinctive knowledge afterward. Then the breasts always contain a small quantity of milk which should be drawn off, and this is of the exact quality the child needs. The infant should be nursed regularly three or four times a day. There are many advantages which result from nursing the child early and regularly, if proper care is exercised, even though the breasts may contain but little milk, or, to appearance, none. The child thereby retains the faculty of nursing, an early secretion of milk is excited, and it is regularly drawn off, so that the breasts do not become suddenly congested, thereby we avoid, to a great extent, the milk fever, and the danger of inflammation in the breasts. Then the nipples become gradually accustomed to being used, and there is less danger of their becoming sore and inflamed than when the child is not applied until the breasts are full; provided, always, that when the breasts are comparatively empty, before the third day, you never allow the child to nurse but a minute or two at a time, and do not allow it to draw on the breasts when the mother feels that they are empty. If you neglect this precaution, you are very liable to cause sore nipples, and even inflammation of the breasts.

SORE NIPPLES.

Before confinement it is well to wash the nipples several times a day with cold water, or weak brandy-and-water, and after delivery, do not allow the child to remain long at the breast, and never, for a single moment, after the breast is empty. Apply the child to the breast as soon after delivery as the mother is rested, and do not wait for the filling of the breasts, when nursing will be more difficult. If the nipples become excoriated, sore, or painful, wash them in a solution of *Arnica* and water—six or eight drops of *Arnica*, to a tablespoonful of water, is the proper strength. Before nursing, wash the nipples with tepid water, or milk-and-water. Also give *Arnica* internally, once in two hours; and if there is much pain and soreness, give it alternately with *Chamomilla*, at intervals of two hours. If the nipples, notwithstanding the above treatment, become cracked or ulcerated, give *Sulphur* every night, and *Silicea* in the morning; and if, at the end of one week, they are not well, give *Ca'carca carb.* night and morning. *Hepar sulph.* may follow the last named remedy if it is required.

AGUE IN THE BREAST; OR, INFLAMMATION AND ABSCESS IN THE BREAST.

Indurations in the breasts are often caused by the wearing of stays and tight dresses while young, and such indurations are very liable to become inflamed when the breasts fill with milk. This disease may also result from exposure, or taking cold. Inflammation of the breasts is a very painful affection, and if not soon checked, is very liable to result in the formation of an abscess. If the breasts become distended, and feel full and painful, give *Apis mel.* once in two hours, and if, at the end of twelve hours, there is no improvement, give *Bryonia* once in two hours; if they become inflamed and red, and the patient is troubled with chills and fever, give *Belladonna* alternately with *Bryonia*, at intervals of one hour, and apply to the breast a plaster composed of one part of yellow beeswax, and two parts of lard, melted together and spread

on a cloth; or, what is equally as good, and perhaps better, cover the entire breast with cabbage leaves, first warming and slightly wilting them, by holding them to the fire a minute or two. If, at the end of two days, the inflammation is not subdued, omit the *Bryonia*, and give *Phosphorus* alternately with *Belladonna*, at intervals of two hours. If these remedies fail to check the disease, omit them at the end of forty-eight hours, and give *Hepar sulph.* morning and noon, and *Silicea* before tea, and at bedtime, until the abscess breaks, then give *Sulphur* at night, and *Phosphorus* in the morning. Generally, by prompt treatment, you will be able to prevent the formation of an abscess.

THE LOCHIA,

OR THE DISCHARGE WHICH FOLLOWS CONFINEMENT.

This discharge should gradually grow lighter and cease at the end of one or two weeks. It should not stop suddenly; but if it should be suppressed, owing to damp or chilly weather, or mental emotions, give *Pulsatilla* every hour; if there is violent headache with pain in the back, give *Bryonia* alternately with *Pulsatilla* at intervals of two hours. If these remedies do not relieve the symptoms, give *Platina*.

If the discharge is profuse or long continued, give a dose of *Platina* once in six hours, and if after two or three days it fails to relieve, give *Pulsatilla* once in six hours. If this remedy does not relieve, give *Calcarea carb.* night and morning.

Dose of either of the remedies, see page 7.

MILK LEG (PHLEGMASIA ALBA DOLENS).

In this disease, to which lying-in females are subject, one of the legs becomes swollen without redness, very tender to the touch and painful. There are also chills followed by fever.

If such symptoms appear give *Arnica* alternately with *Belladonna* one hour apart, and put one teaspoonful of the tincture of

Arnica into a pint of water, and wring a towel from the solution thus made, and wrap it around the leg, and over that four or five thickness of dry flannel; wet the towel once in eight hours.

If at the end of twenty-four hours there is no improvement, give internally *Rhus tox.* instead of *Arnica*, alternately with *Belladonna*, at the same intervals. If the symptoms do not soon yield, omit the above remedies for twelve hours, and give a dose of *Sulphur* once in two hours, then return to them again.

If swelling remains after the acute symptoms are removed, give *Arsenicum* once in six hours; afterward *Pulsatilla*, and then *Nuxvomica*, continuing each remedy several days.

CHILD-BED FEVER (PUERPERAL FEVER)

The attack generally commences within from twelve hours to three or four days after delivery. There occur chills followed by fever, a flushed face, and frequent pulse, headache, perhaps nausea and vomiting, with pain in the lower part of the abdomen, with tenderness on pressure, which extends and increases; the lochia is generally suppressed, the urine scanty and high-colored. This disease sometimes prevails as an epidemic, and is always formidable. A homœopathic physician should be called when practicable. This fever is not as common, nor as dangerous under the new treatment, as under the old practice. It is frequently caused by cathartics, stimulants, and other drugs.

Treatment.—At the commencement of the attack give *Aconite* every hour for twelve hours, then alternate it with *Belladonna* at intervals of an hour. If at the end of twenty-four hours there is no improvement, but there is increased tenderness of the abdomen, give *Bryonia* once in six hours, and *Aconite* every hour between. Also fold a flannel blanket in one direction so that it will be wide enough to extend from the knees to the shoulders, then lay it lengthwise across the bed; fold a sheet in the same manner, but not quite as wide as the blanket; wring the sheet out of warm water, and wrap it around the body and hips, and wrap the ends of the flannel blanket as the patient lies upon it, over the wet sheet; wet the sheet again as soon as it becomes cool.

A few doses of *Chamomilla* will be useful when there are very severe pains like after-pains, which are not relieved by the remedies already named, give it instead of *Bryonia*.

In desperate cases when the pulse becomes small and the extremities cool, give *Rhus tox.* every hour, and if no improvement follows, alternate it with *Arsenicum*.

Consult the section on peritonitis on page 223. If with fever, and pain and soreness of the bowels, there is diarrhoea, consult the section on enteritis, page 226. Also consult the section on inflammation of the womb, page 359.

STATE OF THE BOWELS DURING CONFINEMENT.

It is desirable that the bowels should not move for five to eight days after delivery, and they generally will not if they are let alone. This is natural, and gives time for the swollen and sometimes almost lacerated organs to return to their natural size and position, and for the soreness to disappear. Untold injury and suffering often arise from the use of cathartic remedies during confinement or after labor. I have known a single dose of castor oil cause the most intense suffering, which was not even mitigated at the end of six months.

If at the end of eight days the bowels do not move, give a dose of *Bryonia* once in six hours, and if at the end of twenty-four hours more there is no action, give *Nux vom.*, and also give a free injection of tepid water night and morning, until there is a free discharge. Eat brown or coarse bread, baked apples, and potatoes.

IF THERE IS A DIARRHOEA, *Dulcamara*, *Rheum*, *Hyoscyamus*, and *Phosphorus*, are the chief remedies. For particular indications, consult the section on this complaint, page 234.

FOR A KNOWLEDGE OF THE PROPER TREATMENT OF ANY OTHER AFFECTION during confinement, or while nursing, consult the section on that disease, in the forepart of this work.

CHAPTER X.

DISEASES OF CHILDREN.

FOR information in regard to the proper management of children from the hour of birth until the completion of their education, and how to prevent disease and deformity, the author earnestly refers the reader to his work on the "Avoidable Causes of Disease." That work should be read carefully by every parent, for it contains in a small compass, an amount of practical information, such as can be found in no other single volume, as to the wants of very young children, frequency of nursing, deficiency of milk, weaning, bringing up children by hand, cows' milk, food proper for children after weaning, exercise, light, air, playgrounds, moral management of children, dress, education—physical, moral, and intellectual, &c.

As, of course, the diseases of children are similar to the same diseases in adults, and the treatment nearly the same, to save unnecessary repetition, and to have the treatment as full as possible, any variation which is required in the treatment of any disease to which both the adult and children are subject, has been noticed, in speaking of such disease under its appropriate head, so that, with a few exceptions, the reader will simply be referred to the appropriate pages, where he will find a description of the diseases and treatment much more full than it would be possible to give it here without repeating much of the volume.

CRYING AND WAKEFULNESS OF INFANTS.

If the child cries suddenly, see that a pin is not pricking it. In other cases, see that the belly-band is not too tight, for when it is